

Requirements for Girls Ages 15 – 17

Complete 16 of the 18 requirements to earn the **Girl Scouts Fighting Drug Abuse** patch from the Utah Drug Enforcement Administration and the Utah Attorney General's Office.

1. Visit the Utah Attorney General's website at <http://www.attorneygeneral.utah.gov/safetyquiz.html> and take the on-line internet safety quiz.
2. Visit the Drug Enforcement Administration website at <http://www.justthinktwice.com/> and visit the D.A.R.E. Kids-Only page at http://www.dare.com/kids/index_3.htm.
3. On the D.A.R.E. Kids-Only web page click: *Play This* and create a coloring page. Print the page and write your own anti-drug statement on the page.
4. While on the D.A.R.E. Kids page, create a coupon that states your pledge to stay off drugs. Give this pledge to the person you designed it for. If you need a suggestion, create your coupon for your Girl Scout Troop Leader.
5. Create a poster and print it with your personal anti-drug message. Hang the poster in your bedroom or other room in house, classroom, or community center (with permission). You can be creative and design your very own poster or use the D.A.R.E. Kids Page for help in making your poster on-line.
6. Click your computer mouse on the *D.A.R.E. to Share* section and do two of the four options: word search, crossword puzzle, decoding mystery, or word puzzle.
7. Click one of the following five articles and be prepared to answer questions on your patch program quiz.
 - a. [Listen Don't Lecture, To Get Through To Your Kids](#)
 - b. [Ecstasy: A Growing Menace](#)
 - c. [Making Clear Rules About Drugs](#)
 - d. [Making Good Decisions](#)
 - e. [Family: A Child's Anti-Drug](#)
8. Visit www.drugfreeamerica.org. Read, learn and print information about the following three illegal drugs: Marijuana, Ecstasy, and Prescription Stimulants. Select one other drug from the list and learn about it. List what the drug is, street names, what it looks like, how it's used and what are the effects of using these drugs.
9. Do some on-line research. Find your local police agency's web site. Find out if you have a D.A.R.E. officer at your school, learn where to find the closest police officer who serves your neighborhood by visiting their web site or going to the police station directly to meet with the officers there.
10. Popular media often show teenagers using drugs, alcohol, or tobacco. Watch three of your favorite TV shows or movies. Count how many references are made to these substances. Make a note if the show is promoting a drug-free message or making these substances look "cool". Send an email to the producers of one of the shows you've watched. Congratulate them if negative consequences are portrayed, or tell them to "get with the program" if the movie or TV show made drug use look glamorous or attractive.

11. Learn about the effects of abusing over-the-counter or prescription drugs. Find out the difference between Depressants and Stimulants.

Depressants: drugs that slow you down: In general, depressants reduce your anxiety, tension, and angry feelings. If abused, depressants can:

Make you feel really tired.

Make it really hard to concentrate.

Make you feel like you don't want to do anything.

Make it really hard for you to breathe.

Make you feel really mad, scared, and/or suicidal.

Make you think that everybody is after you, that your friends are picking on you, and that nobody likes you.

Make you see things that don't really exist (hallucinations).

Cause convulsions and seizures.

Stimulants: drugs that speed you up: Stimulants have the opposite effect on your body than depressants. In general, stimulants increase your energy. If abused, stimulants can:

Make you really nervous.

Give you stomach aches and keep you from sleeping (insomnia).

Make you mixed up in your head. For example, rather than just being mad at your friend for dating your boyfriend, you might think it's better to punch her out.

Make you hyper or sluggish.

Make your body shake all over.

Make your heart beat really fast

12. Visit freevibe.com and select the "Drug Scenarios". Find out how you would respond.
13. List three things about the freevibe.com website that interest you most.
14. Download and complete the "Get It Straight" crossword puzzle by clicking here: [Drugs Are Puzzling](#)
15. Read the story found on page 43 of the new Girl Scout Studio 2B Collection book for girls ages 15 to 17. Write down three tips that will help you protect yourself from unknowingly ingesting a date rape drug. Find out what kind of drugs are out there and being used by teenagers today.
16. Be the reporter. Interview people in your community with knowledge of drug abuse issues (pharmacist, narcotics detectives, drug treatment provider, doctor). After your interviews, write a report or article about what you've learned.
17. Design three drug prevention posters. You may draw them yourself or find and cut out words and pictures from magazines/newspapers and combine them to create a message. Get permission to hang them in a school, public library, youth center, or school bulletin board or window.
18. Sign the "drug-free" pledge and find five friends or classmates to sign it with you.